

HOT SHOT TOT SPORTS-FALL 2006/WINTER 2007

The Rocklin Hot Shot Tot Sports program is for children ages 3-6. Parent participation is needed for all classes. All our classes focus on fun and are non-competitive. We introduce children to the basics of the sport and eventually progress to learning in a scrimmage game. All athletes receive a Hot Shot Tot Sports T-shirt and certificate. Sessions are 4 days, once a week. Class size is limited to 12 students so sign up early!

Locations: Johnson-Springview Park and local schools

Prices: \$45/40 Resident Discount

Instructors: Christy Stauts and staff



Pick up your Youth Sports registration form at the Rocklin Sunset Center.

Fall

Session 1: September 6-September 28

Session 2: October 11-Nov. 2

Session 3: November 15-Dec. 14

Wednesdays

9:00-9:45 am	Sports Development (1000.001)	Golf 1 (1000.009)	
4:15-5:00 pm	T-Ball 1 (1000.002)	T-Ball 1 (1000.010)	
5:15-6:00 pm	Soccer 1 (1000.003)	Soccer 1 (1000.011)	5:00-5:45 Sticks, Bats & Balls (1000.017)
6:15-7:00 pm	Soccer 2 (1000.004)	Soccer 2 (1000.012)	6:00-6:45 All Sport (1000.018)

Thursdays

9:00-9:45 am	T-Ball 1 (1000.005)	Hoops & Tee's (1000.013)	
4:15-5:00 pm	Soccer 1 (1000.006)	Basketball 1 (1000.014)	
5:15-6:00 pm	Soccer 2 (1000.007)	Hoops & Tee's (1000.015)	5:00-5:45 Sticks, Bats & Balls (1000.019)
6:15-7:00 pm	Soccer Plus (1000.008)	Soccer Plus (1000.016)	6:00-6:45 All Sport (1000.020)

Winter

Session 1: Jan 10-Feb. 1

Session 2: Feb. 14-March 7

Tuesdays

5:00-5:45 pm		Sports Development (1000.025)
6:00-6:45 pm		Basketball 1 (1000.026)

Wednesdays

5:00-5:45 pm	Basketball 1 (1000.021)	Sticks, Bats & Ball (1000.027)
6:00-6:45 pm	Basketball 2 (1000.022)	Basketball 2 (1000.028)

Thursdays

5:00-5:45 pm	Golf 1 (1000.023)	All Sport (1000.029)
6:00-6:45 pm	Basketball 1 (1000.024)	Basketball 2 (1000.030)

See the course descriptions on the reverse side!

COURSE DESCRIPTIONS

Soccer 1: All you need to know is how to kick – we will teach you the rest! Basic soccer skills and terminology will be taught through fun games and drills. During the last class students will participate in a fun scrimmage game Ages 3.5-5

Soccer 2: Ready to hit the field? Soccer 2 is great for children that know the basic fundamental skills of soccer (passing, trapping, dribbling and shooting) and are ready to play in a team atmosphere. This class will still include drills and fun games that reinforce the skills of soccer. Ages 4-5

Soccer Plus: This class will consist of the players working together on the field in drills, games and scrimmages. For the child who has advanced through all the HSTS Soccer classes. Ages 5-6

T-ball 1: Take me out to the ball game! Come out to the field and have fun learning the basics of T-Ball: hitting, catching, throwing and running the bases. We have all the equipment – come out and play with us. Ages: 3.5-5

Basketball 1: Dribble, dribble, shoot and SCORE! Through fun games and drills, we will learn the basics of basketball: dribbling, passing, and shooting. Ages 3.5-5

Basketball 2: Those children who have taken Basketball 1 or are familiar with the basic skills are ready for Bball 2. It will have more scrimmage games and skills.

All-Sport – Not ready to commit to one sport? Try them all - soccer, t-ball, football, basketball and others! Basic skills and some scrimmage games will be played. The emphasis will be fun, fun, fun and more fun! Ages 3.5 – 5.

Golf 1: Swing-Putt-Chip! You are never too young to play golf. Emphasis is on the basic swing, stance and grip. It's perfect for kids who have never played golf.

Hoops & Tee's: Come try and try three fun sports during one class: Basketball, T-Ball and Golf. The basics of each sport will be taught with the focus on having fun. Let your tot explore a variety of sports before choosing one!

Sticks, Bats & Balls: Perfect class for the active tot-floor hockey (2 weeks), basketball, and T-Ball (indoor). Let your tot explore a variety of sports. Come out and play with us!